138
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seared salmon with creamy dill sauce

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Today's recipe could be made for Passover, or any day of the year. This is my tried and true method for cooking salmon fillets, and it couldn't be easier. The sauce is one of my favorites, but you can use any kind of sauce you like (tomato basil, Indian curry—get creative!). We eat this for dinner every couple of weeks, changing up the sauce for variety. This dish is gluten free (when you use a GF mayonnaise) and full of healthy omega-3.

The sauce for this salmon is really simple to make, and it tastes sooooo good! Use plain prepared horseradish, or grate it fresh. Don't use the pink beet-colored stuff. I also recommend using a high quality organic mayonnaise, it will take the flavor to another level. If you're preparing this for Passover and you keep kosher, make sure that all pre-packaged ingredients are certified Kosher for Passover.

To Make This Sauce Dairy-Free: Some Jews prefer not to mix milk with fish; while the majority of Jews consider fish pareve (neutral), certain Jewish traditions do not mix dairy with fish. You can make this sauce dairy-free (pareve) by subbing a non-dairy sour cream. Most dairy-free sour cream is not kosher for Passover– they usually contain soy, which is kitniyot– so if you're worried about that, make sure you check the label. The dairy-free modification is also great for those who are lactose intolerant, or people who wish to serve this fish entree alongside a kosher meat meal.

I usually use skin-on salmon fillets because they tend to hold together better. Cooked salmon is flaky and delicate; the skin holds everything together till you're ready to eat. If the skin bothers you, just peel it off before serving. You can, of course, use skinless fillets if you prefer.

This is a super-simple dinner that you can enjoy any day of the week. After preheating the oven, the whole entrée takes about 10 minutes from skillet to table. Serve with a simple side salad for a healthy dinner. Tastes like restaurant-quality salmon, and it couldn't be easier!

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Servings	Prep Time	Cook Time	Kosher Key
4 servings	5 minutes	15 minutes	Dairy

Print Recipe

Description

Recipe for crispy seared salmon topped with a creamy fresh dill sauce. Stove to table in 20 minutes. Healthy, gluten free, kosher for Passover.

Ingredients

- 4 boneless salmon fillets
- 3 tbsp extra virgin olive oil
- Salt and pepper

Sauce Ingredients

- 1/3 cup mayonnaise
- 1/3 cup sour cream
- 1 tbsp minced fresh dill
- 2 tsp prepared or grated horseradish
- 1 tsp fresh lemon juice
- 1/4 tsp garlic powder
- Salt and freshly ground black pepper to taste
- Fresh dill sprigs for garnish

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Recipe Notes

You will also need: An oven-safe skillet (no plastic handle)

Instructions

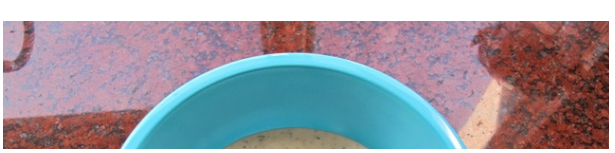
1. Preheat oven to 450 degrees F. Season fillets on both sides with salt and pepper.

2. In a skillet, heat olive oil over medium high heat till hot (not brown or smoking). Add the fillets to the skillet—if your fillets are skin-on, place the fillets skin side up, meat side down.

3. Sear them on one side for 2-3 minutes till a golden brown crust forms on the meat.

4. Without flipping the salmon, transfer the skillet to the oven and let it cook for 7-10 more minutes to desired doneness. Thick fillets will take longer.

5. While salmon is cooking, mix sauce ingredients in a small mixing bowl till well blended. Season with salt and black pepper to taste.



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6. Remove salmon from the oven. Use an oven mitt, that skillet handle will be HOT!

7. Serve cooked salmon fillets topped with sauce and garnished with a sprig of fresh dill.

Nutrition Facts

Seared Salmon with Creamy Dill Sauce

Amount Per Serving	
Calories 500	Calories from Fat 351
	% Daily Value*
Fat 39g	60%
Saturated Fat 7g	44%
Cholesterol 111mg	37%
Sodium 219mg	10%
Potassium 860mg	25%
Carbohydrates 1g	0%
Sugar 1g	1%
Protein 34g	68%
Vitamin A 185IU	4%
Vitamin C 1.1mg	1%
Calcium 41mg	4%
Iron 1.4mg	8%

* Percent Daily Values are based on a 2000 calorie diet.

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About Tori Avey

Thanks for stopping by! I am fascinated by the story behind the food – why we eat what we eat, how the foods of different cultures have evolved, and how yesterday's food can inspire us in the kitchen today. Read more...

Did you make one of my recipes? Tag @toriavey on Instagram or Twitter... I want to see!

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Comments

Chuck says
April 2, 2019 at 4:43 pm

★★★★★

I have cooked salmon many times but I have never seared and baked. It was excellent! Thanks for a great recipe.

Reply

Linda says
December 3, 2018 at 1:53 pm

★★★★★

Made this last night and both the salmon and the sauce came out perfectly. Substituted spicy brown mustard for the horseradish which I was out of. After cooking the salmon, I peeled off the skin and fried it separately in the original pan until it was crispy for one of my favorite treats.

Reply

Dave Mack says
September 8, 2018 at 3:50 pm

★★★★★

Creamy dill sauce is great.

Reply

Tori Avey says
September 9, 2018 at 9:03 am
So happy to hear that!

Kathleen says
March 28, 2018 at 7:44 pm
Hello Tori, your recipes are wonderful! I can't wait to start using them. Thank you! You e truly AWESOME! Fyi-my maternal Grandfather, Harry K., was Russian Jew and my maternal randmother, Marie, was Polish. I had the best of both worlds when they cooked! Reading your cipes brought back such wonderful memories and I literally have tears in my eyes because of e love that went into the food that they prepared for us! God bless you!

Reply

Tori Avey says
March 29, 2018 at 2:37 pm
So happy to hear the site brings you happy memories!

Mary says
February 8, 2018 at 7:40 am
★★★★★
Wonderful! Delicious and easy! I want to try this method with other kinds of fish, maybe tuna steaks. So glad I found this!

Reply

Ofelia says
June 4, 2017 at 6:51 pm
★★★★★
Thanks for sharing the recipe, it was delicious. Easy & simple to follow.

Reply

Tracy Stolz says
April 18, 2016 at 7:29 pm
I'd like to serve this for my Seder but concerned about something that I can't make ahead bc of the number of dishes to juggle ! Any way to undercook this and then be able to reheat? I do hate overcooked salmon so wondering whether I'm better off w/a baked recipe ?

Reply

Tori Avey says
April 19, 2016 at 8:48 am
Sear the salmon in batches in the skillet first, then transfer to a larger baking sheet (seared side down) for finishing in the oven. To start your fillets ahead of time, sear them and place them on a baking tray at room temperature up to one hour before your meal time. Finish them in the hot oven and make sure you cook them through just before serving. I do not recommend doing the searing more than 1 hour in advance for food safety reasons. Hope that helps!

Maddy says
May 31, 2015 at 12:07 pm
Just recently became one of your fans as well as a fan of salmon. While I've always loved my mom and my daughters salmon croquettes, only recently have I become a fan of salmon fillets. Totally one of the healthiest foods on the planet.
My husband,who eats salmon a lot, has the best possible good cholesterol .
Sooo, I am now buying wild caught Alaska salmon whenever possible, & trying out yummy preps. Thanks for your expertise. Totally appreciate your delightful column.

Reply

Ruth says
June 22, 2014 at 3:38 pm
★★★★★
So very good. Delicious. The salmon is tender and cooked to perfection. The dill sauce is great on the salmon. We have this regularly. Thanks for this great recipe.

Reply

Tori Avey says
June 22, 2014 at 6:13 pm
So happy to hear that Ruth!

Julie Gibson says
ne 6, 2014 at 2:05 pm
★★★★★
. I had never cooked salmon before – and I'd just gotten a skillet that was ovenproof a few onths ago. This recipe was extremely simple and a hit with everyone. I had smaller filets ithout skin so it was a bit harder to judge but still a very easy process and I appreciate the cipe.
Reply

Tori Avey says
June 9, 2014 at 10:50 am
Glad you liked it Julie!

Caitlin says
February 21, 2014 at 11:59 am
Do you think this would be good served cold?
Reply

Tori Avey says
February 23, 2014 at 9:15 am
Hi Caitlyn– it would be great cold too. Enjoy!

Dana Lewis says
December 23, 2013 at 6:06 am
★★★★★
Made this last night and it was a huge hit!! I too subbed out the sour cream for Greek yogurt. Delish I tell ya!!
Reply

Kristie says
October 27, 2013 at 6:51 pm
I have salmon I purchased frozen would I still cook the same amt of time that the recipe states
Reply

Tori Avey says
October 27, 2013 at 6:54 pm
Hi Kristie– you should defrost the salmon first, then proceed with the recipe as written.

Maxine says
January 28, 2013 at 5:00 pm
★★★★★
Mmm served on a bed of wilted greens !!! I used yogurt instead of sour cream . Delicious !! And I'm not usually a fan of dill !
Reply

K says
January 19, 2013 at 5:39 pm
★★★★☆
The sauce was great! I used plain yogurt instead of sour cream and 1 tsp of dried dill and it was still delish, thanks.

Reply

Tori Avey says
January 20, 2013 at 9:09 am
Glad you liked it K! Yogurt is a great sub, Greek yogurt even better.

Brenda says
nuary 1, 2013 at 1:43 pm
★★★☆☆
e always been a bit iffy about salmon, but a friend of mine made this recipe and I couldn't lieve how great it tasted with the sauce! I just had to let you know that you helped me to finally joy salmon. Thanks!
Reply

Aiden says
December 17, 2012 at 4:36 pm
★★★★★
Had this the other night. Easy and very delicious! I'll definitely be requesting it again!
Reply

Susan says
April 9, 2012 at 11:30 pm
Thanks...it looks terrific!
Reply

Alice K says
May 11, 2011 at 5:46 pm
I don't have an oven-proof skillet! Can I sear the fillets then carefully (without turning them) transfer them to a roasting pan for the in-the-oven part of the cooking?
Reply

Tori Avey says
May 11, 2011 at 11:17 pm
Hey Alice! It will work if you preheat the roasting pan in the oven so the surface heat is continuous. Putting the fish from a hot skillet to a cool roasting pan will produce uneven results. Just leave the roasting pan in the oven as it heats so it's nice and hot when you transfer the fish. Make sure you grease the roasting pan well, and be sure to use oven mitts!

Matthias says
April 10, 2011 at 11:31 am
I don't really know why, but I absolutely don't like the taste of dill, neither on fish nor with other things like cucumbers or in soups.
So I would skip the dill and take mint instead of it, but besides that, the recipe is really good and simple.
I already cooked a similar one, with yoghurt sauce
Reply

Natalie says
March 31, 2011 at 6:48 am
★★★★★
Wow, that looks delicious! I'll try this recipe this weekend.
Reply

Vanessa says
March 30, 2011 at 12:29 pm
★★★★★
This sounds wonderful and I just picked up some salmon today. Will be trying this tonight
Thanks for such a great recipe!
Reply

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